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UNITED STATES DEPARTMENT OF AGRICULTURE
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HOUSEKEEPERS' CHAT Wednesday, February 11, 1931.

(NOT FOR PUBLICATION)

Subject: "Bobby's Milk Quota." Information from the Bureau of Home Economics, U. S. D. A.

Bulletin available: "Good Food Habits for Children."

The Young-Matron-Who-Lives-Down-the-Street is the person whom you can blame for the fact that I'm visiting upon you today another talk about milk and the youngsters. I'm not surprised if you feel about me and the lectures on milk somewhat as one of the fabled relatives in our family's rural past felt about his wife, Miranda. Miranda had been acting queerly. Cousin Gabe took her to the doctor in town. After an examination, the Doctor made a most sympathetic face, and took Gabe aside. "Gabe," said he, "I am sorry to have to tell you that your wife's mind is gone -- absolutely gone."

"Well," drawled Gabe, "I'm not surprised. Miranda's been giving me a piece of her mind every day for the last 15 years." -- Seems to me I've talked milk to you at least once a month for about three times 15 months, but unlike Miranda's mind, my milk story still holds out.

Now, you want to know why the Young-Matron-Who-Lives-Down-the-Street is responsible for your hearing all over again about minerals and vitamins and bone-building and tissue-strengthening, and so on.

Well, she hailed me from the front stoop as I passed yesterday. "Aunt Sammy," she called, "come here a minute." I complied. "Aunt Sammy," said the Young Matron, "Bobby and Jean will not, simply <u>will not</u> like milk. It's wearing me to a frazzle getting them to drink milk. How about it? Can't they get along just as well without milk if they have plenty of other good wholesome food?"

My world reeled around me. After all the good dietary information I had passed on to that Young mother about feeding her children, she had the unmitigated effrontery to ask me a question like that. Are there any Young Matrons in this audience? Well, I hope they learn this time that I cannot be moved from my opinion that milk makes men and women. The rest of you may now go watch for a change of expression on the faces of the goldfish or otherwise amuse yourselves while I take the Young Matrons in hand for five minutes and explain this milk business to them all over again. But come back in five minutes, for I shall be giving you some new recipes for the children's dinner. Excused, now, all except the Young Matrons.

All right. Now put this down as the first item in your feeding-the-family-notebook. MILK IS THE CORNERSTONE OF AN ADEQUATE DIET, WHETHER FOR ADULTS OR CHILDREN. Never let a day pass that doesn't see at least a pint and a half of milk in the children's diet, and a pint in each grown person's diet at your house.

And I'll tell you why.

Reason Number 1: Milk is the best single food for making little folks grow. Not hard to believe that when we remember that nature provides milk for that purpose first of all, is it? And if you'd like to know just how milk causes growth, I can tell you that too: milk has some important building stones called minerals, especially two important minerals, calcium and phosphorus, that make sound teeth and bones. And another kind of building material called protein for the construction of our "lean meat" more politely termed muscle tissue.

Reason Number 2: Milk doesn't only provide the building materials for growth; it stimulates growth in a less tangible way, by means of its vitamins. Some of the vitamins in milk, (and by the way, milk always has two, A and B, and sometimes two more, C and D) some of these vitamins prevent certain diseases. Without one vitamin a young child is almost sure to have rickets, a disturbance of bone growth and without another, pellagra, and so on. Good health and resistance to infections is now attributed at least in part to an abundant supply of vitamins in our diet. And that reminds me of Reason No. 3: it isn't just children that need vitamins, you and I need them too. And we need calcium and phosphorus to keep our teeth and bones sound once we've got them fully built, and a good kind of protein to keep our muscle structure in repair.

So, summing it up: On three-quarters of a quart of milk a day, got INTO the INSIDE of Bobby and Jean somehow, Young Matrons, depend strong bones and good teeth, normal gains in weight and height, resistance to disease, and general all-round good health. And you well know that on good health depend Bobby's and Jean's happiness and good disposition, not to mention yours.

All right, come on back to the class, all the rest of you, for even though you join with me and the Young Matrons -- yes, every one of them is converted now, I'm sure -- even though you agree with us that the milk, at least a pint and a half a day, must somehow be smuggled into the internal economy of Bobby and Jean, you may want to know some of the ways to do it.

And here is a simple if startling fact: it isn't necessary for the children to drink the entire quota of milk. It isn't even desirable to make them swig all of it, because some of it just naturally has to go in the cooking of their desserts, soups, or creamed dishes. Consider this very wise and arresting sentence I found in that excellent book called, "Feeding the Family," by Dr. Mary Swartz Rose. Dr. Rose, one of our greatest authorities on nutrition, assures us that (I am quoting) "Milk is milk, whether drunk from a cup or eaten with a spoon as rice pudding or delicate pink junket."

Now unlimber the pencil and find the paper. Let's jot down some of the ways you can work milk into the daily diet and see that the youngsters get their vitamins and minerals without suspecting it.

Cream soups: You can use almost any vegetable successfully in making cream soups. And there is no more wholesome combination than vegetables and milk. Besides the so-called creamed vegetable soups (which are of course made with milk) there are other milk soups, such as oyster stew, and the various fish and vegetable chowders. Such dishes as these may be the mainstay of the children's lunch or supper in the cold weather.

For dinner there are creamed and scalloped vegetable and meat dishes. Also creamed fish.

And at every meal, milk to drink, but not necessarily always plain. In cool weather, dilute cocoa, and in hot weather milk shakes and malted milk drinks. My only warning about these is not to make them too rich and too sweet, lest they make milk too bland and uninteresting by contrast. Because remember, I believe, whether you do or not, that most children like milk as such, and as an every day beverage it is better for them plain than sweetened and flavored.

Let them get their sweetened, flavored milk in the form of dessert. Maybe you don't know it but there are more than fifty excellent milk desserts that will please the whole family: custards, Spanish cream, cornstarch puddings, bread puddings, rice puddings, tapioca creams, and junkets.

It's time for the menu and the recipe now, but before I go into that, I must add one more word to what I said about children liking milk. I know it for a fact that even children who have gotten a prejudice against milk can be taught to like it. If you don't believe it, send for that leaflet of the Bureau of Home Economics called "Good Food Habits For Children," and study some of the principles set forth in it. The ten commandments of feeding children, an Eastern newspaper called them recently. And maybe there will be time to tell you some other day a few weeks hence how the Young Matron and I put some of these ten commandments to work on her children.

The children's dinner menu today features a main dish made with milk and eggs. This simple menu is suitable for noon when the child eats his heartiest meal. I'll read it: Creamed eggs; Buttered spinach; Toasted bread or rolls; Milk, to drink; and, for dessert, Apple brown betty.

The Recipe Lady tells me that the whole secret of success in cooking eggs and dishes in which eggs predominate, is to cook slowly at moderate, even heat. For hard-cooked eggs with tender firm whites, instead of tough whites, put the eggs on a rack in a kettle with enough cold water to cover. Heat the water gradually to simmering but do not let it boil since boiling toughens the white of egg. The temperature of the water should not go above 185 degrees F. Continue the cooking over a low fire for 30 minutes after the water simmers.

To make the creamed eggs cut six hard-cooked eggs in half the long way, arrange them on pieces of buttered toast and pour over them a cup and a half of hot, medium-thick cream sauce -- or more if desired.

If you want more information about cooking eggs, there is that leaflet, called "Eggs At Any Meal," which you can have for the asking.

Tomorrow: "Cleaning the Kitchen Stove."

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